



State of Minnesota Employees:

*Achieve the healthy lifestyle*  
you desire

JourneyWell's award-winning phone programs provide you with the tools and support you need to make permanent lifestyle changes.

- Work one-on-one with an experienced registered dietitian, health educator, exercise specialist or pharmacist to achieve your goals.
- Programs are offered at no cost if you enroll by September 7, 2009.
- Choose from a variety of programs to find one that fits your needs — topics include weight management, stress management, nutrition, physical activity, smoking cessation, cholesterol management and more.

Get started by registering for a personal account. Log on to [www.journeywell.com](http://www.journeywell.com). Complete the health assessment, then choose from a menu of wellness programs. To enroll in a phone program, call 952-967-5128, toll-free at 1-866-977-5128, or TTY at 877-222-2794.

